

## Masonic Temple

### Weekly Calendar

**MONDAY—**  
Oceanic Lodge No. 371.  
Stated. 7:30 p. m.

**TUESDAY—**

**WEDNESDAY.**

**THURSDAY—**  
Harmony Chapter No. 4, O. E. S., Lei Aloha, Leahi. Special joint. 7:30 p. m.

**FRIDAY—**

**SATURDAY—**  
Aloha Temple No. 1, A. A. O. N. M. S. Stated. 12 noon.

**SCHOFIELD LODGE—**

**SATURDAY—**  
Work in Second Degree. 7:30 p. m.

## Odd Fellows Hall

### WEEKLY CALENDAR

**MONDAY—**  
Harmony Lodge No. 3, 7:30 p. m. Regular meeting.

**TUESDAY—**  
Excelsior Lodge No. 1, 7:30 p. m. Conferring of the First Degree.

**WEDNESDAY—**  
Olive Branch Rebekah Lodge No. 2 will have initiation drill at 7:30 p. m.

**THURSDAY—**

**FRIDAY—**  
Polynesian Encampment No. 1, 7:30 p. m. The chief patriarch earnestly requests all patriarchy to be present and assist in conferring the Royal Purple Degree and to enjoy home-made refreshments.

**HONOLULU LODGE NO. 1, MODERN ORDER OF PHOENIX.**

Will meet at their home, corner of Beretania and Fort streets, every Thursday evening at 7:30 o'clock. **CHARLES HUSTACE, JR.,** Leader. **FRANK MURRAY,** Secretary.

**HONOLULU LODGE 616, P. B. O. E.** meets in their hall on King St., near Fort, every Friday evening. Visiting brothers are cordially invited to attend. **FRED B. BUCKLEY, E. R.** **H. DUNSHIRE, Sec.**

Honolulu Branch of the **NATIONAL GERMAN AMERICAN ALLIANCE** of the U. S. A. Meetings in E. of F. Hall on Saturdays at 7:30 p. m. July 29, August 26, September 23, October 21, November 18, December 16. **PAUL R. ISENBERG, Pres.** **C. BOLZE, Secy.**

**KERMANNS COEHNE.**

Versammlungen Montags: Juni 6 und 13, Juli 3 und 17, Aug. 1 und 21, Sept. 4 und 18. General Versammlung Juni 19 und Sept. 18. **EMIL KLEMM, President.** **C. BOLZE, Sekretar.**

**MYSTIC LODGE NO. 2, K. O. P. P.** Meets in Pythian Hall, corner Fort and Beretania streets, every Friday evening at 7:30 o'clock. Visiting brothers cordially invited. **C. F. BRANCO, C. C.** **A. B. ANGUS, P. C.** **K. R. and S.**

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## IN THE REALM OF THE FEMININE



### A Breathing Exercise

ALL THE WORLD, nearly, knows of Dr. Mueller. Many speak of him as the foremost health teacher of the world. He is a Danish Lieutenant, the picture of health himself, and



Stand erect and naturally, with the  
hands on the hips and the chin  
tilted back.

the author of half a dozen little  
books on exercises and well-being.  
I had not the pleasure of meeting  
him when in Denmark, but I spoke  
with several friends of his, who  
told of the rejuvenation his exer-  
cises had wrought among the wom-  
en of Copenhagen. Looking at these  
strong, handsome, rosy-cheeked  
women, it is hard to believe that  
any among them could be weaklings  
or in need of building up—the na-

tion radiates good health. But  
then, Dr. Mueller's students are in  
every country in the world. So I  
take the liberty of describing a few  
of his many systems of exercise  
here.

First, the breathing exercise.  
Life depends on breath. This is  
first and greatest in importance.  
Stand erect and naturally, with the  
hands on the hips and the chin  
tilted back. Breathe deeply and  
slowly, filling lungs and stomach  
with air. Hold, release slowly. Re-  
peat several times.

After some days of this, breath-  
ing every morning after this fash-  
ion, try this: Stand as before, but,  
as you inhale, raise yourself to  
your toes, lowering yourself to the  
heels again as you exhale. And  
when this has been mastered,  
breathe this way—rise on the toes,  
bend the knees till you "squat"  
while inhaling, rising to straighten  
the knees and lowering your body  
to rest on the heels, as you exhale.  
This third form of breathing is a  
bit hard and needs the practice of  
the two other methods before you  
will be able to balance yourself.  
Other exercises for body-building  
will appear later.

**Questions and Answers**  
The water supply here comes from wells,  
and is very hard. I've tried ammonia to  
soften it, and have succeeded in cracking  
and drying my hair, and having my skin  
What will soften water?—Country Reader.  
Reply—Send to any big drugstore or de-  
partment store for "hard water soap."  
There are many brands, for use on hair  
and face, and all will overcome this hard-  
ness in the water. Use a bar soap in  
washing the hair for a time, and suds of  
the split ends.

I tried a hair dye and it left my hair a  
greenish yellow. What will get rid of  
that? It is almost white. Will your hair  
restoring recipe bring back its original  
color?—Matron.  
Reply—Why not let it grow white?  
White hair is so very pretty. I would ad-  
vice a shampoo with water containing  
about a tablespoonful of ammonia to a  
quart, to rid the hair of the dye. As this  
will dry the hair, follow at once by a rub  
with olive oil. After a few days, wash the  
hair out. This may not bring back the dye  
I cannot tell, not knowing what sort of  
dye you used.

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### DAINTY SANDWICH FOR HOLIDAY OUTING

A picnic is a source of pleasure to  
grown-ups as well as to children and  
the motorist today is a devotee of the  
roadside picnic. A cool, shady spot,  
a delicious lunch, carefully prepared  
and neatly put up, gives zest to even  
a jaded appetite. Sandwiches are one  
of the indispensable features of a pic-  
nic lunch and following are some  
tempting recipes:

#### CREAM CHEESE AND JELLY SANDWICHES

Mash and cream the cheese with a  
little milk until soft, spread on thinly  
cut bread (both pieces are  
spread with cheese) and on top of  
cheese on one slice you spread cur-  
rant, plum or grape jelly. These are  
very attractive and tasty. No butter  
is used.

#### ROQUEFORT SANDWICH

One-quarter pound Roquefort cheese,  
four tablespoonful melted butter,  
four tablespoonful chopped olives, one  
tablespoon chili sauce or catsup.  
Mash the cheese very fine, add the  
butter, finely chopped olives and chili  
sauce. Mix until smooth; spread be-  
tween thinly cut rye bread. This  
paste is exceptionally good on toasted  
crackers.

#### BLONDE AND BRUNETTE SANDWICHES

Brown and white bread is used for  
these sandwiches. Cut the bread even  
and four slices of each; lay alternately,  
eight high. Press firm, or lay  
something on top to hold down. When  
ready to serve cut the same as layer  
cake. This makes a very attractive  
change. The butter can be mixed  
with Neufchatel cheese if desired.  
These sandwiches can be made the  
day before, wrapped in wax paper, put  
in box and cover box with damp cloth.

#### JAPANESE SANDWICHES

One cup cold boiled rice, one tea-  
spoon grated onion, one teaspoon finely  
chopped parsley, one-half cup sardines  
(skin and bone removed), or any cold  
fish may be used, one-half teaspoon  
parsika, one tablespoon chopped  
stuffed olives. Put the rice, fish and  
olives through the meat chopper, add  
the onion, parsley, parsika and oil  
from the sardines; mix well to make  
a paste; spread between thin slices  
of dark bread. Do not use butter, as  
the oil from the sardines is very rich.

#### DEVILED EGG SANDWICH

Three hard-boiled eggs, one tea-  
spoon mustard, one-quarter teaspoon  
salt, dash parsika, one tablespoon but-  
ter or olive oil, one tablespoon vine-  
gar, one tablespoon onion juice, one  
tablespoon cut parsley or green pep-  
per. Put the eggs through food chop-  
per, add the mustard, salt, pepper,  
parsika and vinegar; mix well and add  
the butter or olive oil and other  
ingredients. Mix well, and if not  
moist enough, add more vinegar, or  
mayonnaise can be used. Cut the

bread in thin slices, spread with egg  
paste. This will make six large sand-  
wiches.

#### NEUFCHATEL CHEESE AND PEANUT BUTTER PASTE

One Neufchatel cheese, one-half  
teaspoon salt, one teaspoon chopped  
parsley, one-quarter cup peanut but-  
ter, dash white pepper, dash parsika.  
Mix all the ingredients and add milk  
enough to it so it will spread easily.  
Spread on thin slices of bread and  
press together. Or spread with  
just peanut butter. Most persons are  
fond of peanuts or peanut butter.

#### FOR A COLD.

Camphor for colds is taken in this  
manner: A drop or two is placed on  
a lump of sugar, dropped into a small  
wine glass of water and a teaspoon-  
ful taken every two hours. This is  
also taken for a cold: For a sore  
throat a flannel cloth is saturated in  
hot strong camphor water and ap-  
plied to the neck; it is renewed as  
soon as it becomes dry. Gargling the  
throat at frequent intervals with salt  
and water allays the inflammation of  
a sore throat.

#### ASSESSMENT NOTICE

California - Hawaiian Development  
Company, location principal place of  
business, San Francisco, California.

Notice is hereby given that at a  
meeting of the Board of Directors  
held the 8th day of August, 1916, an  
assessment of one cent (1c) per share  
was levied upon the capital stock of  
the corporation, payable September  
5th, 1916, in United States Gold Coin  
to Harry A. Kunz, Treasurer, at the  
office of the company, Room 859 Mills  
Building, Bush and Montgomery  
streets, San Francisco, California.  
Any stock upon which this assessment  
shall remain unpaid on the 7th day of  
October, 1916, will be delinquent and  
advertisable for sale at public auction,  
and unless payment is made before,  
will be sold on Saturday, the 4th day  
of November, 1916, to pay the delin-  
quent assessment, together with the  
cost of advertising and expenses of sale.

By order of the Board of Directors.  
**HARRY A. KUNZ,**  
Secretary.

Office, Room 859 Mills Building,  
Bush and Montgomery Streets, San  
Francisco, Cal.  
Aug. 20th, 1916.  
6559—Aug. 21, 28, Sept. 4, 11, 18

#### NOTICE

**OAHU CEMETERY ASSOCIATION**  
The annual meeting of the Oahu  
Cemetery Association will be held at  
the office of the Hawaiian Trust  
Company, Limited, No. 120 South  
King Street, Honolulu, T. H., on  
Wednesday, August 30, 1916, at 9  
a. m., for the election of trustees for  
the ensuing year and for the transac-  
tion of any business of the Associa-  
tion.

All lot owners are requested to at-  
tend.  
**H. H. WALKER,**  
Secretary, Oahu Cemetery Associa-  
tion.  
6555—Aug. 16, 21, 28

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Ventura	Oct. 17	Sierra	Oct. 23
Sonoma	Nov. 7	Ventura	Nov. 13

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FROM SAN FRANCISCO		FOR SAN FRANCISCO	
S. S. Wilhelmina	Aug. 29	S. S. Lurline	Aug. 29
S. S. Manoa	Sept. 5	S. S. Wilhelmina	Sept. 5
S. S. Matsonia	Sept. 12	S. S. Manoa	Sept. 12
S. S. Lurline	Sept. 19	S. S. Matsonia	Sept. 20

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Steamers of the above company will call at and leave Honolulu on  
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FOR THE ORIENT:		FOR SAN FRANCISCO:	
S. S. Tenyo Maru	Sept. 1	S. S. Shinyo Maru	Sept. 5
S. S. Nippon Maru	Sept. 16	S. S. Persia Maru	Oct. 11
S. S. Shinyo Maru	Sept. 29	S. S. Tenyo Maru	Oct. 24
S. S. Persia Maru	Nov. 14	S. S. Nippon Maru	Nov. 8

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## CANADIAN-AUSTRALASIAN ROYAL MAIL LINE

Subject to change without notice

For Victoria and Vancouver:		For Suva, Auckland and Sydney	
Makura	Sept. 15	Niagara	Sept. 8
Niagara	Oct. 13	Makura	Oct. 4

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## MOVEMENTS OF MAIL STEAMERS

**VESSELS TO ARRIVE**

Tuesday, Aug. 29,  
San Francisco—Wilhelmina, Matson  
str.  
Hilo—Mauna Kea, I. I. str.  
Wednesday, Aug. 30,  
Chile—Transvaal, Danish str.  
Kauai—Maui, I. I. str.  
Thursday, Aug. 31,  
Yokohama—Seattle Maru, O. S. K.  
str.  
Maui—Claudine, I. I. str.

**VESSELS TO DEPART**

Tuesday, Aug. 29,  
San Francisco—Lurline, Matson  
str.  
Maui, Molokai, Lanai—Mikahala,  
I. I. str.  
Hawaii—Mauna Kea, I. I. str.  
Kauai—Kauai, I. I. str.  
Wednesday, Aug. 30,  
Hilo—Mauna Kea, I. I. str.  
Thursday, Aug. 31,  
Kauai—Maui, I. I. str.

**MAILS**

Mail is due from the following  
points as follows:  
San Francisco—Wilhelmina, Aug. 29.  
Vancouver—Niagara, Sept. 6.  
Yokohama—Shinyo Maru, Sept. 5.  
Sydney—Sonoma, Sept. 5.  
Manila—Sheridan, Sept. 5.

Mail will depart for the following  
points as follows:  
San Francisco—Nippon Maru, Aug. 26.  
Vancouver—Makura, Sept. 15.  
Sydney—Niagara, Sept. 6.  
Japan and China—Tenyo Maru, Sept. 1.  
Manila—U. S. A. T. Sherman, Sept. 13.

**TRANSPORT SERVICE**

Thomas, at San Francisco.  
Sherman at San Francisco.  
Sheridan due Sept. 4 from Manila.  
Logan called Aug. 15 for Manila.  
Dix sailed Aug. 21 for Seattle.  
Buford, sailed Aug. 4 for Newport  
News.

**TRAINING THE CUTICLE.**

The little white crescents at the  
base of the finger nails can often be  
developed by daily soaking the fin-  
gers in warm, soapy water and gently  
pressing the soft cuticle with an  
orange wood stick. Trim off any  
rough particles of cuticle, but do not  
cut, any thicker than is really neces-  
sary. By daily care as directed above  
the growth of the cuticle will be slow.  
A little grease rubbed on the nails  
at night will also help to keep the  
cuticle from splitting.

**TIDES, SUN AND MOON.**

Date—	High Tide Large	High Tide Small	Low Tide Large	Low Tide Small	Sun Rises	Sun Sets	Moon Rises and Sets
Aug. 28	P.M. 3:46	P.M. 1:7	A.M. 10:20	P.M. 9:09	5:44	6:44	5:41
" 29	4:12	1:5	10:49	9:52	5:44	6:13	5:41
" 30	4:36	1:4	11:02	10:34	5:44	6:12	5:41
" 31	5:30	1:4	11:23	11:25	5:44	6:12	5:41
Sept. 1	6:16	1:4	11:50	12:26	5:44	6:12	5:41
" 2	7:10	1:5	12:52	1:46	5:46	6:11	5:29
" 3	8:15	1:6	0:23		5:45	6:10	10:17

\*Time not stated in tables.  
New Moon Aug. 28th at 6:54 a. m.